



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01030, Cheese, muenster

Report Date: June 22, 2017 11:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (1 oz) 28g	1 package (6 oz) 170g
Proximates										
Water	g	41.77	14	0.506	55.14	47.20	11.84	7.52	11.70	71.01
Energy	kcal	368	--	--	486	416	104	66	103	626
Energy	kJ	1541	--	--	2034	1741	437	277	431	2620
Protein	g	23.41	14	0.328	30.90	26.45	6.64	4.21	6.55	39.80
Total lipid (fat)	g	30.04	17	0.498	39.65	33.95	8.52	5.41	8.41	51.07
Ash	g	3.66	10	0.110	4.83	4.14	1.04	0.66	1.02	6.22
Carbohydrate, by difference	g	1.12	--	--	1.48	1.27	0.32	0.20	0.31	1.90
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	1.12	--	--	1.48	1.27	0.32	0.20	0.31	1.90
Minerals										
Calcium, Ca	mg	717	14	25.274	946	810	203	129	201	1219
Iron, Fe	mg	0.41	5	0.063	0.54	0.46	0.12	0.07	0.11	0.70
Magnesium, Mg	mg	27	10	0.955	36	31	8	5	8	46
Phosphorus, P	mg	468	11	9.092	618	529	133	84	131	796
Potassium, K	mg	134	11	15.673	177	151	38	24	38	228
Sodium, Na	mg	628	11	27.405	829	710	178	113	176	1068
Zinc, Zn	mg	2.81	4	0.066	3.71	3.18	0.80	0.51	0.79	4.78
Copper, Cu	mg	0.031	--	--	0.041	0.035	0.009	0.006	0.009	0.053
Manganese, Mn	mg	0.008	--	--	0.011	0.009	0.002	0.001	0.002	0.014
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.6	4.1	24.6
Vitamins										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.013	6	0.001	0.017	0.015	0.004	0.002	0.004	0.022
Riboflavin	mg	0.320	10	0.031	0.422	0.362	0.091	0.058	0.090	0.544
Niacin	mg	0.103	18	0.017	0.136	0.116	0.029	0.019	0.029	0.175
Pantothenic acid	mg	0.190	1	--	0.251	0.215	0.054	0.034	0.053	0.323
Vitamin B-6	mg	0.056	15	0.007	0.074	0.063	0.016	0.010	0.016	0.095
Folate, total	µg	12	25	1.680	16	14	3	2	3	20
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	12	25	1.680	16	14	3	2	3	20
Folate, DFE	µg	12	--	--	16	14	3	2	3	20
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.8	4.3	26.2
Vitamin B-12	µg	1.47	19	0.092	1.94	1.66	0.42	0.26	0.41	2.50
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	298	--	--	393	337	84	54	83	507
Retinol	µg	297	--	--	392	336	84	53	83	505
Carotene, beta	µg	13	--	--	17	15	4	2	4	22
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	1012	--	--	1336	1144	287	182	283	1720
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.34	0.29	0.07	0.05	0.07	0.44
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2	1.0
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.8	0.7	0.2	0.1	0.2	1.0
Vitamin D	IU	22	--	--	29	25	6	4	6	37
Vitamin K (phylloquinone)	µg	2.5	--	--	3.3	2.8	0.7	0.5	0.7	4.2
Lipids										
Fatty acids, total saturated	g	19.113	--	--	25.229	21.598	5.419	3.440	5.352	32.492
4:0	g	1.042	6	0.113	1.375	1.177	0.295	0.188	0.292	1.771
6:0	g	0.243	6	0.019	0.321	0.275	0.069	0.044	0.068	0.413
8:0	g	0.275	6	0.031	0.363	0.311	0.078	0.050	0.077	0.468
10:0	g	0.586	6	0.032	0.774	0.662	0.166	0.105	0.164	0.996
12:0	g	0.367	6	0.021	0.484	0.415	0.104	0.066	0.103	0.624

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14:0	g	3.072	6	0.085	4.055	3.471	0.871	0.553	0.860	5.222
16:0	g	9.218	6	0.219	12.168	10.416	2.613	1.659	2.581	15.671
18:0	g	3.569	6	0.091	4.711	4.033	1.012	0.642	0.999	6.067
Fatty acids, total monounsaturated	g	8.711	--	--	11.499	9.843	2.470	1.568	2.439	14.809
16:1 undifferentiated	g	0.973	6	0.049	1.284	1.099	0.276	0.175	0.272	1.654
18:1 undifferentiated	g	7.338	6	0.182	9.686	8.292	2.080	1.321	2.055	12.475
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.661	--	--	0.873	0.747	0.187	0.119	0.185	1.124
18:2 undifferentiated	g	0.431	6	0.027	0.569	0.487	0.122	0.078	0.121	0.733
18:3 undifferentiated	g	0.230	6	0.015	0.304	0.260	0.065	0.041	0.064	0.391
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	96	4	3.402	127	108	27	17	27	163
Amino Acids										
Tryptophan	g	0.327	--	--	0.432	0.370	0.093	0.059	0.092	0.556
Threonine	g	0.888	--	--	1.172	1.003	0.252	0.160	0.249	1.510
Isoleucine	g	1.145	--	--	1.511	1.294	0.325	0.206	0.321	1.947
Leucine	g	2.260	--	--	2.983	2.554	0.641	0.407	0.633	3.842
Lysine	g	2.139	--	--	2.823	2.417	0.606	0.385	0.599	3.636
Methionine	g	0.569	--	--	0.751	0.643	0.161	0.102	0.159	0.967
Cystine	g	0.132	--	--	0.174	0.149	0.037	0.024	0.037	0.224
Phenylalanine	g	1.240	--	--	1.637	1.401	0.352	0.223	0.347	2.108
Tyrosine	g	1.123	--	--	1.482	1.269	0.318	0.202	0.314	1.909
Valine	g	1.482	--	--	1.956	1.675	0.420	0.267	0.415	2.519
Arginine	g	0.881	--	--	1.163	0.996	0.250	0.159	0.247	1.498
Histidine	g	0.829	--	--	1.094	0.937	0.235	0.149	0.232	1.409
Alanine	g	0.675	--	--	0.891	0.763	0.191	0.121	0.189	1.148
Aspartic acid	g	1.600	--	--	2.112	1.808	0.454	0.288	0.448	2.720
Glutamic acid	g	5.555	--	--	7.333	6.277	1.575	1.000	1.555	9.443

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Glycine	g	0.440	--	--	0.581	0.497	0.125	0.079	0.123	0.748
Proline	g	2.594	--	--	3.424	2.931	0.735	0.467	0.726	4.410
Serine	g	1.299	--	--	1.715	1.468	0.368	0.234	0.364	2.208
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0